



NSWRL OPEN AGE:

Individual Player Support

‘Body Weight and RL Fitness Based Work’



The details which follow are a progressive 4-week individual S&C outline and plan.

Distances and times can be recorded to aid analysis of progression.

Included within the plan:

- * Volume based running work (Distances, times and rest periods)
- * Interval/Repeat Effort based running work (Including work ‘off the floor’ to aid the footy specific aspects of performance; distances, times and rest periods)
- * Speed based running based (Distances, times and rest periods)
- * Muscular endurance based preparatory and maintenance work (prior to running sessions)
- * ‘Other’ cardio options (Rowing, Bike and Swimming options – in case individuals can access)
- * Body weight strength-based work (No equipment required!)
- * Training Load recording sheet (Duration and RPE)



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Aim	<ul style="list-style-type: none"> Develop general strength and muscular endurance. 				
Notes	<ul style="list-style-type: none"> Complete work as able 				
Week 1	Session 1	Session 2	Session 3	Session 4	Session 5
	<p>Running Work: Warm Up: Aii) SL Back Bridges x 6/S</p> <p>Bi) 10m A-Skips into 10m Jog x 2 10m Butt Kicks into 10m Jog x 2 10m Oscillating Sumo’s into 10m Jog x 2 (1/S) 10m Ice Skaters into 10m Jog x 2</p> <p>Bii) Dynamic Flex Work Kick Throughs; Glue Raise; X-Overs; Scorpions; Spiderman; Calf Runs. ALL x 8 Per Side</p> <p>Ci) Stride Throughs over 30m Increase tempo each 10m x 4 Runs</p> <p>Main: (i) 20/40/60 x 5 continuous efforts (1.2km) Time Taken (ii) Rest 3min (iii) 10/20/30 in 30s into 30s Rest x 3 (iv) Rest 1min (v) 10/20/30 in 30s into 30s Rest x 2</p>	<p>Cardio Row 500m in 1min45s; 1min Rest x 6 1)..... 4)..... 2)..... 5)..... 3)..... 6).....</p> <p>OR Swim: Warm up: 4 lengths any stroke</p> <p>Main: (i) 1 length (25m Pool) in 20s; 10s Rest x 6 (ii) 2 lengths (25m Pool) in 45s; 15s Rest x 6 (iii) 1 length (25m Pool) in 20s; 10s Rest x 4 (iv) 2 lengths (25m Pool) in 45s; 15s Rest x 4 (v) 1 length (25m Pool) in 20s; 10s Rest x 2 (vi) 2 lengths (25m Pool) in 45s; 15s Rest x 2</p> <p>OR Strength Warm up: Glute Raise x 8/Side Single Leg Calf Raise x 8/Side</p> <p>Main: All Body Weight Work A1 BW Walking Lunges 4x8/S A2 Decline Push Up’s (Feet elevated) 4x15</p> <p>B1 Hand Step Up’s (Onto a stair) 5x8/S B2 10sec Push Up Hold (complete one push up, hold with arms extended for 10 sec then complete push up number 2 etc... all the way to 6) 5x6</p> <p>C1 Calf Raise (onto toes) x20 C2 BW Squat 5x12 C3 Push Up’s 5x20 D1 Side Plank 5 x 45sec R/ 45 sec L D2 Tricep Dips (on a stair/step) 5x16</p>	<p>Warm Up: Aii) Squat Jumps – Emphasize control on descent towards ground x 5</p> <p>Bi) 10m Fast Feet into 10m Jog x 2 10m Butt Kicks into 10m Jog x 2 10m Oscillating Sumo’s into 10m Jog x 2 10m SL Hops into 10m Jog x 2 (1/S) 10m Ice Skaters into 10m Jog x 2 10m 4 steps forward, 2 steps backward into 10m Jog x 2</p> <p>Bii) Dynamic Flex Work Kick Throughs; Glue Raise; X-Overs; Scorpions; Spiderman; Calf Runs ALL x 8 Per Side</p> <p>Ci) Stride Throughs over 30m Increase tempo each 10m x 4 Runs</p> <p>Di) Accelerations over 8m into a 2m deceleration by the 10m line x 4 (Walk back recovery)</p> <p>Main: (i) 20/20/10 in 20s into 40s Rest x 4 (Go on to your front on 20m and 10m) (ii) Rest 2 min (iii) 20/10 in 15s into 15s Rest x 4 (iv) Rest 1min (v) 20/10 in 15s into 15s Rest x 4 (vi) Rest 1min (vii) PTB Efforts start on back x 10 (Off the ground up onto feet and PTB. Then back to ground)</p>	<p>Running Work: Warm Up: Aii) SL Back Bridges x 6/S</p> <p>Bi) 10m A-Skips into 10m Jog x 2 10m Butt Kicks into 10m Jog x 2 10m Oscillating Sumo’s into 10m Jog x 2 2 10m SL Hops into 10m Jog x 2 (1/S) 10m Ice Skaters into 10m Jog x 2</p> <p>Bii) Dynamic Flex Work Kick Throughs; Glue Raise; X-Overs; Scorpions; Spiderman; Calf Runs. ALL x 8 Per Side</p> <p>Ci) Stride Throughs over 30m Increase tempo each 10m x 4 Runs</p> <p>Main: (i) 20/40/60 in 60s into 60s Rest x 3 (ii) Rest 1min (iii) 10/20/30 in 30s into 30s Rest x 4 (iv) Rest 1min (v) 20/40/60 Doubles in (2.00) into 2min Rest x 2 (vi) Rest 2min (vii) 10/20/30 in 30s into 30s Rest x 3</p> <p>OR Row 3000m (If you have access to a rower) Time</p>	<p>Strength Warm up: Glute Raise x 8/Side DL SB Hamstring x 16 DL SB Quads x 16 Single Leg Calf Raise x 8/Side</p> <p>Main: All Body Weight Work A1 BW Squats x 12 A2 Push Up’s x 20 A3 BW Lunges x 8/S A4 BW Decline Push Up’s x 12 A5 Plank Hold (Arms Extended) 1min A6 Side Plank 30S/Side Rest 1Min and Rpt x 3 (4 sets in total)</p>



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Notes	<ul style="list-style-type: none"> Complete work as able 				
Week 2	Session 6	Session 7	Session 8	Session 9	Session 10
	<p>Running Work</p> <p>Warm Up:</p> <p>Ai) Calf Raises x20 Aii) SL Back Bridges x 6/S Bi)</p> <p>10m A-Skips into 10m Jog x 2 10m Butt Kicks into 10m Jog x 2 10m Oscillating Sumo's into 10m Jog x 2 10m SL Hops into 10m Jog x 2 (1/S) 10m Ice Skaters into 10m Jog x 2</p> <p>Bii) Dynamic Flex Work Kick Throughs; Glue Raise; X-Overs; Scorpions; Spiderman; Calf Runs. ALL x 8 Per Side</p> <p>Ci) Stride Throughs over 30m Increase tempo each 10m x 4 Runs</p> <p>Main:</p> <p>(i) 20/40/60 in 55s into 65s Rest x 4 (ii) Rest 1min (iii) 10/20/30 in 30s into 30s Rest x 4 (iv) Rest 1min (v) 20/40/60 Doubles in (1.55) into 2.05min Rest x 2 (vi) Rest 2min (vii) 10/20/30 in 30s into 30s Rest x 3 (viii) Rest 1min (ix) PTB Efforts - start on back x 10 (x2) (Off the ground up onto feet and PTB. Then back to ground)</p> <p>OR</p> <p>Row 3000m (If you have access to a rower)</p>	<p>Strength</p> <p>Warm up:</p> <p>Glute Raise x 8/Side DL SB Hamstring x 16 DL SB Quads x 16 Single Leg Calf Raise x 8/Side</p> <p>Main:</p> <p>BW Walking Lunges 10 (5EL)/10/10/10 into Dips (On a step or Bench) 12/12/12/12</p> <p>Push Up's 12/12/12/12 into BW Squat 20/20/20/20</p> <p>BW Step Up's 10 (5EL)/10/10/10 into SL Hamstring Bridge 10 (5EL)/10/10/10</p> <p>SB/Decline Push Up's – Feet on Ball 12/12/12/12 into SB Dorsal Raise 12/12/12/12</p> <p>'V' Sit Up's x 20/20/20/20 into Plank (30sec) x 1/1/1/1</p> <p>Stretching</p>	<p>Running Work</p> <p>Warm up:</p> <p>Ai) Calf Raises x20 Aii) SL Back Bridges x 6/S Bi)</p> <p>10m A-Skips into 10m Jog x 2 10m Butt Kicks into 10m Jog x 2 10m Oscillating Sumo's into 10m Jog x 2 10m SL Hops into 10m Jog x 2 (1/S) 10m Ice Skaters into 10m Jog x 2</p> <p>Bii) Dynamic Flex Work Kick Throughs; Glue Raise; X-Overs; Scorpions; Spiderman; Calf Runs. ALL x 8 Per Side</p> <p>Ci) Stride Throughs over 30m Increase tempo each 10m x 4 Runs</p> <p>Main:</p> <p>(i) 8 x 30m sprint. Jog recovery after each run. Once foot crosses the line complete next sprint. Rest for 1 min and repeat. (ii) 20m Work into 20m Jog x 6 Rest 30s 10m Work into 10m Jog x 6 Rest 30s 5m Retreat into 10m Accel x 6 Rest 1min Rpt (ii) (iii) 6 x 10m sprint. Jog recovery after each run. Once foot crosses the line complete next sprint. Rest for 1 min and repeat.</p>	<p>Strength</p> <p>Warm up:</p> <p>Glute Raise x 8/Side DL SB Hamstring x 16 DL SB Quads x 16 Single Leg Calf Raise x 8/Side</p> <p>Main:</p> <p>BW Walking Lunges 12 (6EL)/12/12/12 into Dips (On a step or Bench) 12/12/12/12</p> <p>Push Up's 14/14/14/14 into BW Jump Squat 5/5/5/5</p> <p>DL Calf Raise 16/16/16/16 into SL Hamstring Bridge 16 (8ES)/16/16/16</p> <p>SB/Decline Push Up's – Feet on Ball 12/12/12/12 into SB Dorsal Raise 12/12/12/12</p> <p>'V' Sit Up's 20/20/20/20 into Plank (30sec) 1/1/1/1</p> <p>Stretching</p>	<p>Running Work - Hills</p> <p>(i) 15s Effort up a hill into 45s Jog Recovery x 8 (ii) Rest 2min (iii) 10s Effort up a hill into 40s Jog Recovery x 6 (iv) Rest 2min (v) 15s Effort up a hill into 45s Jog Recovery x 4 (vi) Rest 2min (vii) 10s Effort up a hill into 40s Jog Recovery x 2 (viii) Rest 1min (ix) 15s Effort up a hill into 45s Jog Recovery x 2</p>



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Notes	<ul style="list-style-type: none"> Complete work as able 				
Week 3	Session 11	Session 12	Session 13	Session 14	Session 15
	<p>Running Work</p> <p>(i) 20/40/60 in 50s into 60s Rest x 3 (ii) Rest 1min (iii) 10/20/30 in 30s into 30s Rest x 4 (iv) Rest 1min (v) 20/40/60 Doubles in (1.55) into 2min Rest x 2 (vi) Rest 2min (vii) 10/20/30 in 27s into 30s Rest x 4</p>	<p>Strength</p> <p>Warm up: Glute Raise x 8/Side SB SL Wall Squat x 5/Side DL SB Quads x 16 Single Leg Calf Raise x 10/Side</p> <p>Main: BW Walking Lunges 16 (8/S)/16/16/16 into SB Decline Push Up's 16/16/16/16</p> <p>Hand Step Up's (Onto a stair) 10 (5/S)/10/10/10</p> <p>10sec Push Up Hold (complete one push up, hold with arms extended for 10 sec then complete push up number 2 etc... all the way to 6) 6/6/6/6</p> <p>BW Calf Raise (onto toes) 20/20/20/20 into BW Squat 12/12/12/12 into Push Up's 20/20/20/20</p> <p>Side Plank 45sec R/ 45 sec L/45sec R/ 45 sec L into Tricep Dips (on a stair/step) 16/16/16/16</p>	<p>Running Work</p> <p>(i) 8 x 40m sprint in 7s into 8s Rest (ii) Rest 1min (iii) 20m Work into 20m Jog x 6 Rest 30s 10m Work into 10m Jog x 6 Rest 30s 5m Retreat into 10m Accel x 6 Rest 1min (iv) Rest 2min (v) 8 x 40m sprint in 7s into 8s (vi) Rest 1min (vii) PTB Efforts - start on back x 10 (x2) (Off the ground up onto feet and PTB. Then back to ground)</p> <p>OR</p> <p>Swim: Warm up: 4 lengths any stroke Main: (i) 4 length (25m Pool) efforts in 2min (including Recovery) x 12</p>	<p>Strength</p> <p>Warm up: Glute Raise x 8/Side DL SB Hamstring x 16 DL SB Quads x 16 Single Leg Calf Raise x 8/Side</p> <p>Main: BW Walking Lunges 10 (5EL)/10/10/10/10 into Dips (On a step or Bench) 12/12/12/12/12</p> <p>Push Up's 15/15/15/15/15 into BW Jump Squats 7/7/7/7/7</p> <p>BW Step Up's 16 (8EL)/16/16/16/16 into SL Hamstring Bridge 12 (6EL)/12/12/12/12</p> <p>Knee to Elbow Push Up's 10 (5ES)/10/10/10/10 into Dorsal Raise 15/15/15/15/15</p> <p>SB Arm Ext Sit Up's 20/20/20/20/20 into Plank (40sec) 1/1/1/1/1</p> <p>Stretching</p>	<p>Running Work - Hills</p> <p>(i) 15s Effort up a hill into 45s Jog Recovery x 8 (ii) Rest 2min (iii) 10s Effort up a hill into 40s Jog Recovery x 6 (iv) Rest 2min (v) 15s Effort up a hill into 45s Jog Recovery x 6 (vi) Rest 2min (vii) 10s Effort up a hill into 40s Jog Recovery x 4 (viii) Rest 1min (ix) 15s Effort up a hill into 45s Jog Recovery x 4</p>



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Notes	<ul style="list-style-type: none"> Complete work as able 				
Week 4	Session 16	Session 17	Session 18	Session 19	Session 20
	<p>Running Work</p> <p>(i) 20/40/60 in 50s into 60s Rest x 4 (ii) Rest 1min (iii) 10/20/30 in 30s into 30s Rest x 4 (iv) Rest 1min (v) 20/40/60 Doubles in (1.55) into 2min Rest x 3 (vi) Rest 2min (vii) 10/20/30 in 27s into 30s Rest x 4</p>	<p>Strength</p> <p>Warm up: Glute Raise x 8/Side DL SB Hamstring x 16 DL SB Quads x 16 Single Leg Calf Raise x 8/Side</p> <p>Main: BW Walking Lunges 14(7EL)/14/14/14/14 into Dips (On a step or Bench) 15/15/15/15/15</p> <p>Push Up's 20/20/20/20/20 into BW Jump Squats 10/10/10/10/10</p> <p>SL Calf Raise 20 (10ES)/20/20/20/20 into SL Hamstring Bridge 20 (10ES)/20/20/20/20</p> <p>Knee to Elbow Push Up's 14 (7ES)/14/14/14/14 into Dorsal Raise 20/20/20/20/20</p> <p>SB Arm Ext Sit Up's x 22 into Plank (45sec) x 3</p> <p>Decline Push Up's 20/20/20/20/20 into Leg Raise 8/8/8/8/8</p> <p>Stretching</p>	<p>Running Work</p> <p>(i) 8 x 40m sprint in 7s into 8s Rest (ii) Rest 30s (iii) 8 x 40m sprint in 7s into 8s Rest (iv) Rest 1min (v) 20m Work into 20m Jog x 6 Rest 30s 10m Work into 10m Jog x 6 Rest 30s 5m Retreat into 10m Accel x 6 Rest 1min (iv) Rest 2min (v) 8 x 40m sprint in 7s into 8s Rest (vi) Rest 30s (vii) PTB Efforts - start on back x 10 (x2) (Off the ground up onto feet and PTB. Then back to ground) (viii) Rest 30s (ix) 8 x 40m sprint in 7s into 8s Rest</p> <p>OR</p> <p>Rowing: (i) Row 1000m Rest 3min between each set Rpt x 6 1)..... 4)..... 2)..... 5)..... 3)..... 6).....</p>	<p>Strength</p> <p>Warm up: Glute Raise x 8/Side SB SL Wall Squat x 5/Side DL SB Quads x 16 Single Leg Calf Raise x 10/Side</p> <p>Main: All Body Weight Work A1 Max BW Squats A2 Max Push Up's A3 Max BW Lunges A4 Max Tri Dips A5 Plank Hold (Arms Extended) 1min Rest 2Min and Rpt x 4 (5 sets in total)</p>	<p>Running Work - Hills</p> <p>(i) 15s Effort up a hill into 45s Jog Recovery x 8 (ii) Rest 2min (iii) 15s Effort up a hill into 45s Jog Recovery x 6 (iv) Rest 2min (v) 15s Effort up a hill into 45s Jog Recovery x 4</p>